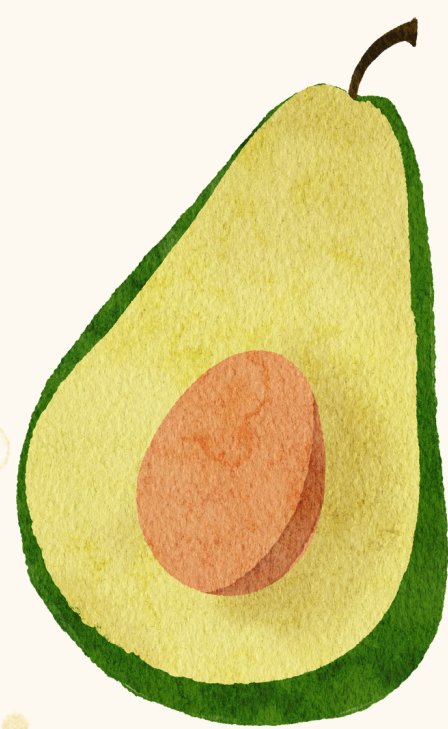




Recipes for a
happy, healthy,
budget kitchen!



Soup

We hope you enjoy this collection of healthy, budget and time-friendly recipes.

This is the *soup* edition!

We'd love to see photos of your efforts of these recipes...

Send them to info@boltoncarers.co.uk

We'd also love to include your favourite tried and tested recipes. Send details of ingredients and step by step instructions to info@boltoncarers.co.uk





Soups

Leek & Potato

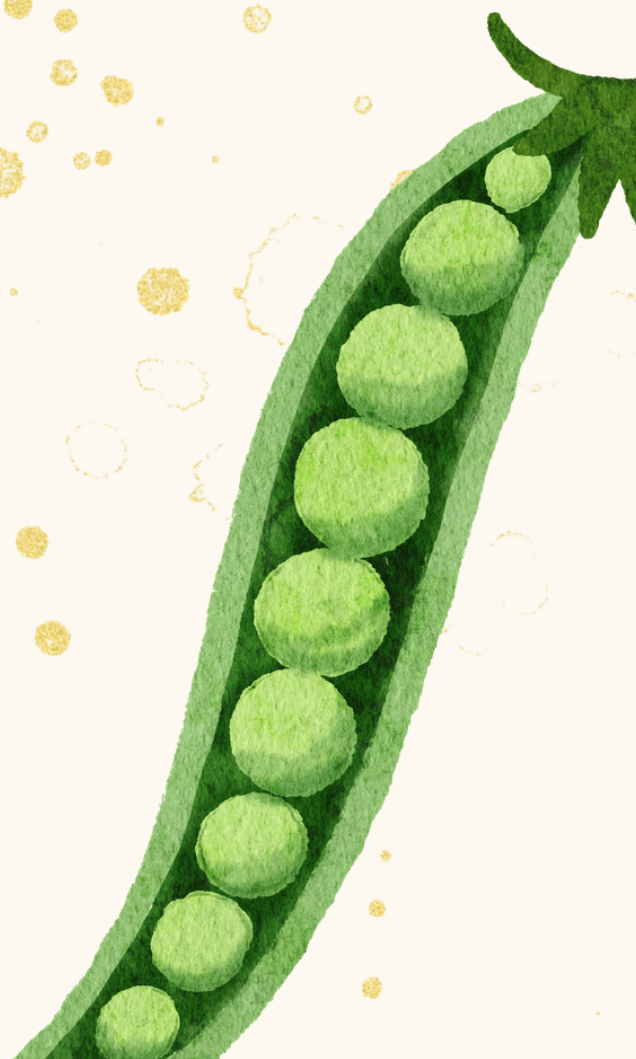
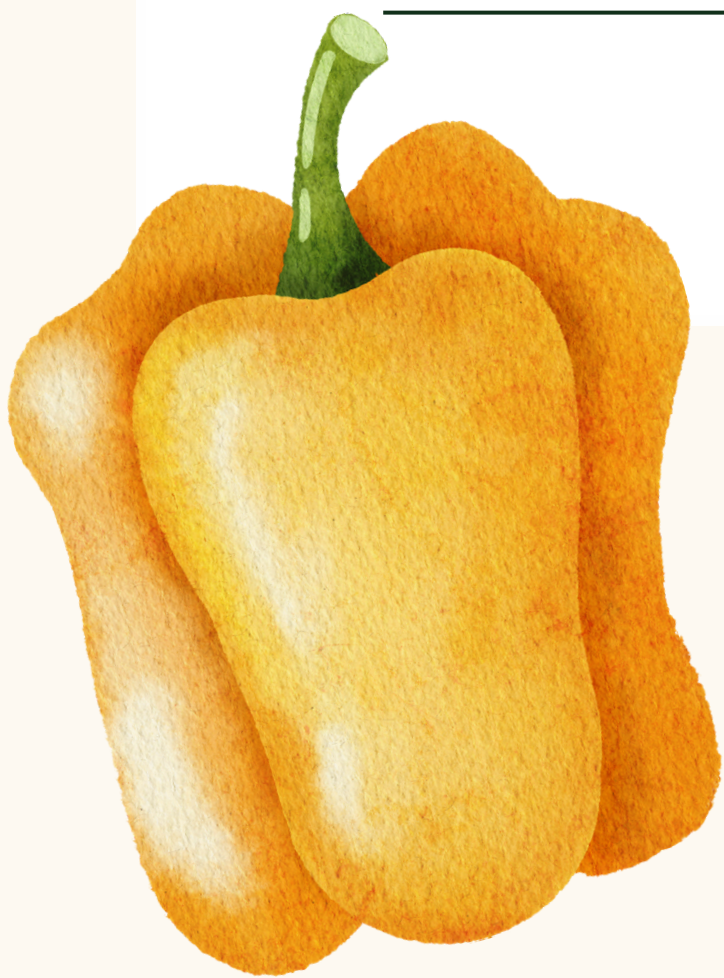
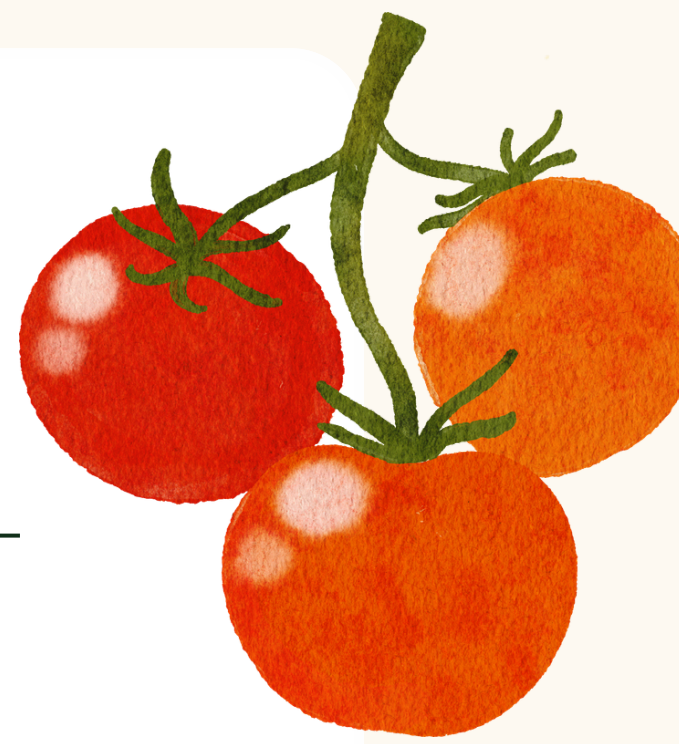
Roasted Red Pepper & Tomato

Carrot, Cumin & Kidney Bean

Tomato & Bean

Minestrone

Flatbread



Leek and Potato Soup

Prep Time: 5 min

Cook Time: 35 min

Serves: 4-6



Ingredients

- 4 large leeks
- 1 medium onion, chopped small
- 4 medium potatoes, peeled and diced
- 50g butter
- 850ml vegetable/chicken stock
- 275 ml milk
- Salt black pepper

Method

1. Trim the leeks on both ends and remove the tough outer layer
2. Slice the leeks in half lengthways and slice them quite finely, then wash and drain them thoroughly.
3. Peel and cut the potatoes into small chunks and dice the onion finely.
4. In a large saucepan, melt the butter, then add the leeks, onions and potatoes, stirring them all round with a wooden spoon so they get a nice coating of butter.
5. Season with salt and pepper, then cover and let the vegetables sweat over a very low heat for about 15 minutes.
6. Add the stock and milk, bring to simmering point, cover and let the soup simmer very gently for a further 20 minutes or until the vegetables are soft.
7. Put the mixture into a blender (leave it to cool a little first) and blend to a purée.

Roasted Red Pepper & Tomato

Prep Time: 15 min

Cook Time: 45 min

Serves: 4-6



Ingredients

- 2 white onions
- 1 red chilli (deseeded)
- 6 large vine tomatoes
- 2 red peppers
- 1 garlic bulb
- Olive oil
- 550g cherry tomatoes
- 2tbsp red pesto
- Fresh/dried basil
- 450ml chicken/veg stock
- Salt & pepper

Method

1. Chop up all your veg.
2. Add all the chopped veg plus cherry tomatoes to a large roasting tray
3. Drizzle with olive oils and season with salt and pepper.
4. Place your tray in a 200°C oven and allow it to roast for around 45 minutes/ until the tomatoes have burst and released their juices
5. Remove the garlic and set aside.
6. To a blender add all the roasted veg as well as all the cooking juices
7. Squeeze the roasted garlic into the blender.
8. Add your red pesto and fresh basil and blend!
9. Slowly pour in your chicken stock (you might not need it all, depends on how thick/thin you like your soup!
10. Transfer blender contents to a large saucepan.
11. If you like it spicy add extra chilli flakes and check the seasoning of your soup!
12. Serve with a drizzle of olive oil and fresh basil on the top.

Carrot, Cumin & Kidney Bean Soup

Prep Time: 10 min Cook Time: 25 min Serves: 4



Ingredients

- 1 onion
- 2 tablespoons oil
- 1 heaped tablespoon ground cumin,
- 300g carrots, tinned or fresh
- 1 stock cube, dissolved in 500ml boiling water
- 1 x 400g tin of red kidney beans

Method

1. Peel and chop the onion and put into a medium-sized saucepan with the oil and cumin.
2. Wash and chop the carrots and add to the pan.
3. Cook on a low heat for a few minutes until the onion is starting to soften.
4. Pour the stock into the pan and bring to the boil. Turn down and simmer for 20 minutes or until the carrots are tender.
5. Drain and rinse the kidney beans well, add to the pan and heat through.
6. Tip everything into a blender and pulse til smooth, or if you don't have a blender, it works perfectly well as a chunky broth too.

Tomato & Bean Soup

Prep Time: 10 min

Cook Time:

40 min

Serves: 4



Ingredients

- 1 medium onion
- 2 cloves of garlic
- 1 carrot
- 500ml stock made with 1 stock cube and water
- 1 x 400g tin of beans
- 1 tsp thyme
- 1 x 400g carton or tin of chopped tomatoes

Method

1. Peel and chop the onion, peel and finely chop the garlic, wash and chop the carrot. Put them all into a saucepan and cover with the stock.
2. Drain and rinse the tinned beans, then throw them into the pan.
3. Add the herbs and the chopped tomatoes, then simmer for 30 minutes until the veg are soft.
4. This soup can be served chunky – by tipping half into a blender, pulsing and mixing the purée back in with the chunky half in the pan – or smooth, by pulsing the lot in a blender.

Minestrone

Prep Time: 25 min Cook Time: 30min - 1h Serves: 4



Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots
- 3 large celery sticks
- 2 garlic cloves
- 2 tbsp tomato purée
- 400g tin chopped tomatoes
- 1.2 litres vegetable/chicken stock
- 400g tin cannellini beans, drained and rinsed
- 100g dried spaghetti
- ¼ head green cabbage (finely shredded)
- Salt & Pepper

Method

1. Heat the olive oil in a large lidded saucepan over a medium heat.
2. Chop and add the onion, carrots and celery, season with a little salt and pepper and cook for about 10 minutes, stirring occasionally until the vegetables have softened.
3. Add the garlic and fry for another minute. Stir in the tomato purée and cook for a further 3 minutes.
4. Tip in the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes.
5. Snap the pasta into short lengths.
6. Add the beans and pasta and cook for a further 10 minutes, or until the pasta is cooked. Add the cabbage and cook for another 2 minutes.
7. If the soup is too thick, add some hot water to reach your preferred consistency.
8. Season to taste with salt and pepper before serving.

Flatbread

Prep Time: 20 min Cook Time: 10 - 30 min Serves: 4-6



Ingredients

- 200g plain/wholemeal flour.
- ¼ teaspoon salt.
- 100ml warm water.
- 2 tbsp (olive, sunflower or vegetable).

Method

1. Put the flour and salt in a large bowl and trickle on the water bit by bit.
2. Mix the water and flour mixture together.
3. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Knead the dough for 5 minutes (by hand or using a mixer).
5. Divide the dough into 4 to 6 balls.
6. On a clean, floured surface, roll each ball of dough one at a time using a rolling pin. (these rolled flatbreads can be frozen with greaseproof paper between)
7. Heat a large frying pan over a medium heat.
8. Add a small amount of oil into the pan.
9. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side.